

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

aTX341. F6

Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR JANUARY 16, 1978 NO. 3

FOOD CLIPS

Poultry should be completely cooked at one time. Never partially cook poultry one day and finish cooking it at a later time, warn U.S. Department of Agriculture home economists, because it could encourage harmful bacterial growth.

* * *

A "young tom turkey" is usually from 5 to 7 months of age and has tender meat with soft, smooth-textured skin.

* * *

A "capon" is a surgically unsexed male chicken (usually under 8 months of age) that is tender with soft, smooth-textured skin..and is usually expensive.

* * *

All natural cheese should be served unchilled to help bring out its distinctive flavor and texture.

* * *

Various ethnic breads such as Syrian breads, pilot bread, bagels, fry bread, tortillas, and hush puppies--if made of whole grain or enriched meal or flour--are now used in the National School Lunch program.

* * *

Enriched bread labeled "Milk Bread" made with milk solids makes a greater nutritional contribution than enriched white bread.

IN THIS ISSUE:

- 1 - Garden Programs: In Urban Areas
- 2 - Home Gardening: A Hobby Greenhouse
- 3 - Chart: Cost of Food at Home
(November 1977)
- 4 - Did You Know?

GARDEN PROGRAMS

---SET FOR 1978

Low income families will be encouraged to participate in a \$3 million urban garden program in 1978, according to plans developed by the U.S. Department of Agriculture. Sixteen large metropolitan cities will be the sites of these programs to be planned by the Extension Service.

Cities selected on the basis of their total populations and the number of people below the poverty line living there are: Atlanta, Baltimore, Boston, Cleveland, Jacksonville, Memphis, Milwaukee, Newark (NJ), New Orleans, St. Louis, New York, Chicago, Los Angeles, Philadelphia, Detroit, and Houston. The last six cities participated in a \$1.5 million pilot urban garden program in 1977.

Staff persons will be trained to work directly with the low-income families in their own neighborhoods. They will also teach families about nutrition and offer suggestions on preparing and preserving home-grown produce.

4728 USDA 35-78

HOME GARDENING

...A HOBBY GREENHOUSE

So, you've always wanted a hobby greenhouse! Why not put your thoughts together for action this year? Your first consideration is to decide on the type of greenhouse you want---an attached-to-the-house one, or a free standing one. The least expensive is the lean-to type according to the U.S. Department of Agriculture publication, "Building Hobby Greenhouses." It can range from a simple polyethylene covered framework that you can put together in an afternoon for less than \$100 to a fully automated conservatory costing several thousands.

Next, where to put it? First choice should be on the south or southeast side of the house in a sunny location. The east side is the second best location. That's where it will capture the most sunlight in November to February. The next best locations are the southwest and west. The north side is the least desirable.

An ideal site for your greenhouse not only needs full exposure to the sun but also a nearly level, yet well-drained area. It should have a windbreak on the side of the prevailing wind. Most of the basic work can be done by the do-it-yourselfer, but you will need a qualified electrician and plumber.

Contact your county agricultural agent so he can help you with your planning and building ideas before you really get started. Automatic controls may be important but you need to decide on the types of plants you will raise before you can plan on what type of heating equipment, lighting and humidity controls you'll need. "Building Hobby Greenhouses," Agriculture Bulletin No. 357, USDA, may be ordered from the Superintendent of Documents, United States Government Printing Office, Washington, D.C. 20402 for 50¢. It gives you a step-by-step plan for building that dreamhouse for your plants.

COST OF FOOD AT HOME FOR A WEEK (NOVEMBER 1977)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$23.60	\$31.50	\$39.40	\$47.40
Elderly couple.....	21.20	28.00	34.80	41.60
Family of 4 with preschool children.....	33.30	43.70	54.50	65.50
Family of 4 with elementary school children.....	40.00	52.70	66.00	79.50
INDIVIDUALS*				
Women				
20-54 years.....	9.70	12.90	16.00	19.20
55 years and over.....	8.80	11.60	14.30	17.00
Men				
20-54 years.....	11.80	15.70	19.80	23.90
55 years and over.....	10.50	13.90	17.30	20.80
Children				
1-2 years.....	5.30	6.90	8.50	10.10
3-5 years.....	6.50	8.20	10.20	12.30
6-8 years.....	8.20	10.70	13.40	16.20
9-11 years.....	10.30	13.40	16.80	20.20
Girls 12-19 years.....	9.80	12.80	15.80	18.90
Boys 12-14 years.....	11.00	14.20	17.80	21.40
15-19 years.....	12.10	15.70	19.70	23.80

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

DID YOU KNOW?

.....that using a fireplace does not save money? or fuel either? According to the U.S. Department of Agriculture there often is a greater heating cost when you use the fireplace because the heat from the furnace is lost up the flue after the fire goes out. However, if you keep the fire going all night and close the damper as soon as possible after the fire is out you may still win. So...apparently open fireplaces are only about 10 percent efficient...the rest goes up the chimney.

.....about 60 percent of food stamp recipients are children under the age of 14, the elderly or disabled? Only 15 percent of persons heading food stamp households are without jobs and are considered employable. The rest stay home to care for young children and those who are already fully employed but still qualify for food stamps. Overall average monthly payment for food stamps is \$57.

.....there is a proposal by USDA to require that net weight be accurate at the time the product is sold to the consumer, rather than accurate only at the time it leaves the processing plant? The proposed regulations incorporate suggestions made by consumers and state officials at USDA public hearings. Comments may be made on the proposed changes until March 2, 1978, to the Hearing Clerk, Room 1077 S., U.S. Department of Agriculture, Washington, D.C. 20250.

Food and Home Notes, a weekly newsletter directed to mass media outlets, is published by the U.S. Department of Agriculture's Press Division, Washington, D.C. 20250. Editor: Shirley Wagener....Phone: 202-447-5898.
